



Erasmus+



MENTOR - Mentoring between teachers in secondary and high schools

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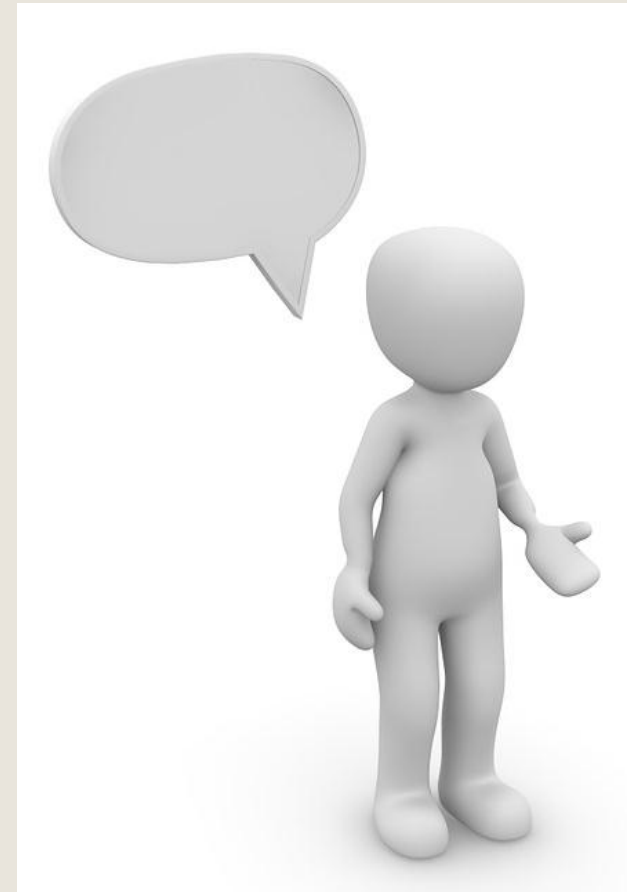
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Situations of non-assertive communication.

1. A colleague of yours is constantly asking you questions while you are working together. You say: "You are always interrupting my work."

How can we transform these sentences into sentences with an assertive communication?



2. In a restaurant, they serve your colleague a spoiled soup. You say: "What a mess. Your soup is spoiled too? Don't you want to go there and complain? You're so good at handling these situations."



How can we transform these sentences into sentences with an assertive communication?



Situations of non-assertive communication.

3. In a queue, someone passes ahead of you. You comment with your colleague, who is with you, very disturbed: “Someone is always passing me ahead in the queue.”

How can we transform these sentences into sentences with an assertive communication?

